

LIFE COACHING WITH LYNNE MCDOUGALL



HEALTH & SPIRITUAL COACH

Are you tired with the past impacting on your future?

Using a number of healing therapies, Let it go's life coaching programme is designed to remove the internal obstacles which are stopping you from living your best life and establish a new focus which will enable you to be happier and more fulfilled.

Initial 30 mins consultation is free.

Following sessions £65 per hour

Special offer: 4 sessions for £200

to find out more please email me at

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